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Your essential daily news | WEDNESDAY, SEPTEMBER 30, 2015

High 23°C/Low 16°C Here comes the rain  

IN PERSON: Conservative leader comes out swinging against 'Canada's elite' 'Political correctness on steroids'

metroTALKS
TOP PRIME MINISTER
STEPHEN HARPER



Prime Minister Stephen Harper talks to Metro in Vaughan, Ont., on Tuesday.
STEVEN GOETZ/METRO



Fernando Carneiro
Metro | Toronto

Stephen Harper says the world is full of danger. In a sit-down interview with Metro, the prime minister warned of

international financial crises, pandemics, terrorists and, in a measured way, explained why Canadians can't have the kinder, gentler country the other leaders are promising.

Harper looked almost casual — the top button of his blue shirt undone — as he brought

the hammer down on what he called "Canada's elite."

"Look, it's not that elite opinion doesn't matter — and in all matters expert opinion always counts — but you cannot govern well and you cannot govern properly unless you understand the values and

realities of ordinary Canadians," Harper said.

He strongly criticized other parties for opposing stripping Canadian citizenship from people convicted of terror crimes.

"This is kind of elite political correctness on steroids,"

Harper said. "We can't have two classes of citizens. We can't have a class of people who are war criminals and convicted terrorists as opposed to everybody else.

"A Canadian citizenship means something."

Fear is a guiding factor for

this leader. If the common-man look Harper adopted in this interview was forced, his "us versus them" message seemed genuine.

metr
Full interview on page 9
PLUS: More on the election, pages 10 & 11



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Park upgrades delayed

PUBLIC SPACES

Cornwallis work tender cancelled; bid exceeds budget



Stephanie Taylor
Metro | Halifax

Parents and kids looking forward to a new playground coming to Cornwallis Park are, sadly, going to be waiting a bit longer.

Work on the first phase of renovations for Halifax's historic Cornwallis Park, slated to begin this fall, has been delayed. The work tender was cancelled when the only bid received came in "significantly" over budget, according to the city.

The project would have seen the current playground site relocated to a more centralized spot, with an entirely new play structure built for kids aged 3 to 5.

Other facelifts included installing a stonewall to create a new performance space, where Hollis Street wraps around the park, across the street from the train station.

Tracey's Landscaping offered to do the work for \$337,465, while the municipality's approved 2015-16 capital budget earmarked these improvements to cost \$200,000.

"It's an agonizing delay," Coun. Wayne Mason, who represents the area, said Tuesday. "There's been no swings



Halifax city council plans to re-contract the work for Cornwallis Park's new landscaping design with the intention of completing it before winter sets in. The playground equipment is tentatively scheduled for installation next spring. METRO FILE

in this playground for the better part of three years," he said, adding that renovations have been on horizon for some time.

A city spokeswoman offered one suggestion Tuesday as to why the bid was so high — it came from a landscaping company, which would not typically supply playground equipment.



It is going to happen. It's unfortunate that people will have to be a little more patient.

Coun. Wayne Mason

That's why municipal staff has since decided to re-contract out the landscaping work separate from the playground equipment, which would likely

be installed early next spring.

"We still hope to get the landscaping work done before the winter weather sets in," Jennifer Stairs wrote in

an email.

Mason said the hiccup may have been avoided had the work been tendered out earlier, rather than during the final push of construction season.

"You look around the city right now and there's construction going on everywhere, all the time," he said Tuesday.

"Everybody's pretty booked and busy."

WEATHER

Heavy rain could lead to floods

While Halifax locals will be bringing out their raincoats in anticipation of a coming rainstorm, utility crews will be busy clearing catch basins to prepare for possible flooding.

Halifax Water spokesman James Campbell said Tuesday anytime there are reports of heavy rain, crews work to remove debris from catch basins and culverts around flooding hot spots in the city.

He named Hammonds Plains, parts of Bedford and downtown Halifax as flood-prone areas.

"We're looking at possibly exceeding 100 millimetres (of rain) in some areas," Environment Canada meteorologist Tracey Talbot said Tuesday. "Make sure your drains are cleared and that your gutters are cleared."

She predicted starting Wednesday evening through to Friday morning, significant rain, along with "the potential for some really heavy downpours over the next three days," are expected for the Halifax region, including a chance of flash floods.

Talbot explained tropical moisture is feeding into a weather system headed our way, which increases the likelihood of heavy downpours.

Some of that moisture may have come from tropical storm Joaquin, brewing off the coast of Florida, but it is too early to say whether that storm will hit Nova Scotia, she added.

To prepare for the coming rainfall, Campbell advised residents to notify the utility if a catch basin on their street is clogged. STEPHANIE TAYLOR/METRO



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HALIFAX

HEALTH CARE

Premier: Replacing VG hospital a priority

A new Halifax hospital is one of the province's top priorities, according to Premier Stephen McNeil.

McNeil said once renovations to the Dartmouth General Hospital are complete, it will alleviate some of the pressure on the Victoria General Hospital and pave the way for a new building. "We know that piece of infrastructure needs replacement," he said.

A flood late last week at the Victoria General Hospital displaced 50 patients and postponed dozens of surgeries.

All but 16 hospital beds have been destroyed.

A fixture on one of the building's pipes corroded, spilling water onto the third, fourth and fifth floors of the hospital. "We know this is a challenge that needs to be dealt with and it's been challenging for families who've been there for a couple weeks," said McNeil.

The premier acknowledged this has been a "20-year problem" and they are working to fix it.

In April, the province announced a \$6-million renovation to the Dartmouth General's third and fourth floors.



An ambulance pulls up to Victoria General Hospital on Monday. JEFF HARPER/METRO

"It's not a question of whether we've committed the resources. It's to make sure that the capital investment is the right one at this time," said McNeil.

BEN COUSINS/FOR METRO



I would love to be able to snap my fingers and say we're going to have a new hospital tomorrow.

Premier Stephen McNeil

IN BRIEF

BP bullish about plans to drill in deep water off N.S.

A senior executive with energy giant BP says the company will move ahead with plans to drill a deep-water oil exploration well off the coast of Nova Scotia within two years even if the price of crude remains at current levels.

Rob O'Connor, BP's exploration manager for Canada, told an industry conference Tuesday that the high-risk venture has reached the environmental assessment stage and remains on track to have a

well drilled in 2,000 metres of water by July 2017.

O'Connor says with the price of light, sweet crude hovering around \$45 a barrel, BP remains committed to the Nova Scotia project despite the high costs associated with exploring deep water in the North Atlantic.

Nova Scotia Energy Minister Michel Samson says he's aware that BP and its rival Royal Dutch Shell have shelved other exploration projects as oil prices have plunged amid a glut of product on the market.

THE CANADIAN PRESS



Wadih Fares, president and CEO of the WM Fares Group, speaks during an announcement about programs to attract immigrant entrepreneurs with Premier Stephen McNeil at the Halifax Chamber of Commerce on Tuesday. JEFF HARPER/METRO

New immigration programs launched

ENTREPRENEURS

Province looks to retain, attract business grads from overseas

Ben Cousins
For Metro | Halifax

The province announced two first-of-their-kind immigration programs targeted at foreign entrepreneurs on Tuesday.

The two new streams, opening up in the new year, will allow for 50 foreign graduates

who've started businesses in Nova Scotia and another 50 immigrants planning to start a business here to fast-track the immigration process.

"Both streams place an emphasis on attracting immigrants who wish to settle permanently in Nova Scotia," Immigration Minister Lena Metledge Diab told reporters after a ceremony at the Halifax Chamber of Commerce.

"Retention of these entrepreneurs is critical." Premier Stephen McNeil said he's confident the province will fill the 50 applications in both streams.

The first stream, the "Inter-



Today really shows us the progress we've made on immigration.

Wadih Fares, president and CEO of WM Fares Group

national Graduate Entrepreneur Stream," is open to immigrants who have graduated from a Nova Scotia college or university and started a successful business within one year of graduation.

The Entrepreneur Stream is

open to immigrants looking to buy or start a business in Nova Scotia. They must have already owned a business for three years prior.

This is part of an ongoing effort from the province to increase the immigrant population in Nova Scotia.

"We will give (immigrants) an opportunity to create (their) own business right here in Nova Scotia and become a member of our province and our country," said McNeil.

Two weeks ago, the province announced two streams that allow for 300 new immigrants to call Nova Scotia home by the end of the year.

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Students launching app you can bring to the party

KLUG

Halifax-based developers aim to help users find fun events

Ben Cousins
For Metro | Halifax

Two Halifax university students are launching an app to help make your night out that much better.

Mike Cyr and Tyler Sellars are the co-founders of Kluo, an app to help users find "the best events and specials in the city."

Users will be able to give the app suggestions of what they want to do and the app will in turn find events in their area that fit their criteria.

After choosing an event, users will be able to invite their friends using Facebook messenger.

The two third-year marketing students at Saint Mary's University got the idea while trying to figure out what to do before going out, but had a hard time finding an event they could attend.

The app is designed for students and young people to find events and parties, although the events could be for anyone.

Sellars said it works differently from Facebook events because on Facebook, it's hard to find events that you haven't already been invited to or don't have friends already attending.

"(Facebook) doesn't really work for people that are literally in their cars ... saying 'What do we want to do to-



Mike Cyr, left, and Tyler Sellars have developed a phone application designed for people of all ages to locate parties, groups and special occasions according to their geographic area and criteria. JEFF HARPER/METRO

Kluo doesn't just stop at university events ... It could be study groups, car groups, chess clubs, Scotch-tasting clubs — it could be anything.

Mike Cyr, co-founder of Kluo

night, guys?" he said.

They'll be rolling out a test model in about a month to 500 early adopters; that will help

them work out the kinks and change some features people didn't like.

They plan to have a full

working product within six months.

The plan is to get event planners to pay for their event to be featured on the app.

"We're able to offer a high-conversion rate, where people are literally looking for exactly what you're offering at that exact time," said Sellars.

Sellars and Cyr are quick to mention they aren't tech guys at all, but said an idea

and some drive is all it takes.

"If you are an inspiring entrepreneur ... and you may not have the talent yet or the resources yet, with a vision and a dream and an ability to sell it, you can literally do anything," said Sellars.

For more information, or to sign up for the test period, visit: kluoapp.com

ETHICS

Children turn over lost cash



Stephanie Taylor
Metro | Halifax

A group of children did the right thing Tuesday when they turned over lost money to Halifax police.

A police spokeswoman said officers responded to an area around Peter Lowe Avenue and Robert Murphy Drive around 11:12 a.m., after a man reported that a group of children had stumbled across some lost cash and wanted to turn it in.

Police would not say how many children or reveal their ages, but social media reports show an image of five boys, with CTV reporting that the money found totalled \$1,500.

"It's a very honourable thing for them to do," Const. Stacey Opalka said Tuesday.

Anyone with information is asked to contact police, but in order to claim the money, Opalka said someone must be able to specify particular qualities about the money and what it was found in.

IN BRIEF

Police search for suspects in violent home invasion

Halifax police continue to investigate a home invasion that sent a man to hospital.

Officers responded to the 0-100 block of Lynnett Road in connection to a home invasion on Monday around 9:30 p.m.

Officers reported that two male suspects had run away after forcing their way into an apartment and assaulting a 44-year-old man. METRO

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AIR CANADA CRASH

Safety agency releases photos

New photos released by the Transportation Safety Board show damage to the passenger cabin of an Air Canada plane that crashed at Halifax's airport during a heavy snowfall earlier this year.

The photos are part of an update issued by the safety agency Tuesday that also provides details on the weather and flying conditions when Air Canada flight 624 hit the ground short of the runway on March 29.

One of the images shows punctures to the aircraft cabin floor, with a metal object jutting up between seat rows near the back of the plane.

The report says that during the approach, the engines of the aircraft severed power transmission lines, and then the main landing gear and rear fuselage impacted the snow-covered ground about 225 metres before the runway threshold.

The aircraft smashed through an antenna array, then hit the ground about 70 metres before the runway, before sliding and bouncing for more than 600 metres before coming to a rest at the side of the runway.

A news release from the safety agency said that during the next phase of the investigation, the agency will evaluate pilot training and performance during the crash.

No date has been given on when the final report will be completed.

THE CANADIAN PRESS



The RCMP were outside Auburn Drive High School in Cole Harbour on Tuesday over reports of someone with a gun. JEFF HARPER/METRO

Schools get locked down over possible gun sighting

PUBLIC SAFETY

Teen arrested about 90 minutes later



Stephanie Taylor
Metro | Halifax

A brief alert was raised at two Halifax-area schools Tuesday afternoon after a possible gunman was reported nearby.

The Halifax Regional School Board shared on social media at 3:08 p.m. that Auburn Drive High School and George Bissett Elementary School, both in Cole Harbour, were under what's called a hold-and-secure.

The board said everyone was safe and police were on scene. However, it provided no other details.

Around 20 minutes later, RCMP in Nova Scotia reported that a 16-year-old boy with a possible gun was spotted near school property.

Police described the suspect as a white man,

standing five-foot-eight and weighing 125 pounds, who was wearing a red hoodie, khaki pants and a red or black backpack.

The board took to social media again around 3:30 p.m. to say the hold-and-secure had been lifted and students at Auburn Drive would be dismissed at their regular time.

Around 4:30 p.m., an RCMP spokesman said the suspect had been arrested but he wasn't sure what charges he could be facing.

The RCMP later took to Twitter to say the 16-year-old was found with a replica handgun and that the investigation is continuing.

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CRIME

Man accused of killing Truro officer set to return to court

A man accused of killing a police officer is scheduled to be back in a Halifax courtroom on Wednesday.

Chris Calvin Garnier, 27, is charged with second-degree murder and indecently interfering with a dead human body in the killing of 36-year-old Truro police Const. Catherine Campbell.

The accused first appeared in Halifax provincial court on Sept. 16 and is set to return on Wednesday at 9:30 a.m.

Investigators believe Campbell was murdered in the early morning hours of Sept. 11.

Police believe Campbell and Garnier met at a downtown Halifax bar earlier that night but would not



Chris Calvin Garnier
THE CANADIAN PRESS

say whether Campbell was with friends or showed up to meet someone there.

Her remains were later discovered on Barrington Street underneath a ramp leading up to the Macdonald Bridge on Sept. 16 around 12:10 a.m.

Police had also asked for the public's help to gather evidence for the case.

They were searching for anyone who saw a white man in a T-shirt and shorts either pushing or pulling a green bin on Agricola, North or Barrington streets the night Campbell was believed to have been killed — Sept. 11 around 4:30 a.m.

STEPHANIE TAYLOR/METRO

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BIRTHDAY

From zero to 100 — without a car

Danny Gallant has had many experiences throughout his life but none were behind the wheel.

The New Waterford man, who turns 100 on Oct. 8, has never owned a car.

"I didn't want to drive at one time; I was too tense," he said.

"Then when a time came I wanted a car, I couldn't afford it."

At age 50 he finally thought about getting his beginner's licence and went for his one-and-only practice drive with daughter Viola Penny.

"I decided I didn't want to drive and that was it."

However, he credits his longevity to good exercise (walking everywhere all his life) and eating right.

"That's what got me to 100 — walking and eating good."

He said his family got by fine without a vehicle.

Groceries were delivered to his family (he and his wife Lucy had eight children) and they took a bus when necessary.

Penny said not having a car never stopped her father from doing anything.

"He went to every wake that he could possibly go to — that was very important to him," she said.

She said he was a good father and a good provider who loved kids.

"He used to play Simon Says and the kids in the neighbourhood would come in."

She said her father emphasized a good education and six of his children went to university. There are a doctor, social workers and teachers

in the family.

Gallant worked in the coal mines from 1935 to 1970. He loaded coal for 15 years, making \$3.40 a day. Then one day he was promoted to another area of the mine and began making \$10 a day.

"I felt like I was a millionaire. That was a fortune back then."

Gallant loves telling stories about his days in the mines. His love for his family is evident, with a refrigerator cov-

ered in family photos.

He picks up a photo of his late wife, Lucy, whom he met at a dance and married at age 19.

Sadly, he said, Lucy died 11 years ago.

"I'll tell you a secret," he added with a wink.

"Since my wife died so many women have wanted me but I'm not interested. She was my one and only. No one could ever take her place." TC MEDIA



I don't drink like I used to, but I'll have a few wines and be all right.

Danny Gallant



Danny Gallant, of New Waterford, turns 100 on Oct. 8.

TC MEDIA



FORECAST KEEP AN EYE ON THE WEATHER A pedestrian walks past a bush decorated with eyes near Ochterloney Street in Dartmouth on Tuesday. Although it is expected to stay warm, Environment Canada is calling for rain straight through until the weekend. JEFF HARPER/METRO

Man has a million reasons to smile

ATLANTIC LOTTERY

55-year-old wins big before heading west for new job

David Pouchelu was supposed to start a new job out west this week.

Instead, the Marion Bridge resident made a trip to Atlantic Lottery's head office in Moncton to collect a Maxmillions prize of \$1 million from the Sept. 25 Lotto Max draw.

"I called my superintendent to ask for an extra week off before I started my new job, and I told him that I'd won the lottery," said Pouchelu. "I

said I'd start next week, and he said, 'Why?' He couldn't believe I'd still want to work. But I'm only 55. I'm not ready to retire yet."

Pouchelu told Atlantic Lottery officials that his win means that he will be comfortable in retirement when he does decide to stop working.

"It's just really nice to have some money and not have to worry about things," he said, adding, "I'd like to buy a new home. And I'm going to have solar power. I always wanted to have solar power."

He also wants to build a garage on his new property and get back into his woodworking hobby.

"It's going to be great to

+ LUCKY STORE

David Pouchelu's winning ticket was purchased at Needs on Alexandra Street in Sydney. The retailer will receive a one per cent seller's prize.

have the ability to have the little things, to relax, to have a nice retirement," he said.

Although he's journeyed across Canada, Pouchelu has never been out of the country, so he's also hoping to do some travelling in the years ahead.

"The world is an interesting place, so anywhere would be good. Anything new is nice," he said. TC MEDIA



David Pouchelu, left, collects a Maxmillions prize of \$1 million from the Sept. 25 Lotto Max draw. TC MEDIA

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ELECTION 2015 **METROTALKS** STEPHEN HARPER interviewed by Jessica Smith Cross

'We have a plan for the next four years'

Metro: According to under-50 lobby group Generation Squeeze, Canadians aged 25 to 34 earn, on average, \$4,200 less in their full-time jobs than their counterparts did in the late 1970s — and that's in equivalent dollars. What can the federal government do to help young people be at least as financially successful as their parents' generation?

Prime Minister Stephen Harper: We're obviously living in an age of unprecedented global instability. We now have had, what's it, seven years of ongoing economic and financial crisis across the globe. In that period, Canada has had the best job creation, growth, you name it, across the G7 countries. We believe we have a plan for the next four years to keep moving us forward on that, making sure we continue to reduce taxes for people, we make investments, large-scale investments, that we can afford and do so within a balanced budget. And we believe that if we stay on that track the economic prospects in this country are better than anywhere else.

Metro: People my age (millennials) fear, when it comes to refugees, Canada has become a meaner country. Others fear that if we accept too many Syrian refugees, Islamic State of Iraq and the Levant (ISIL, or ISIS) extremists will enter with them. Is that a real threat?

Harper: Per capita, we are the largest refugee resettlement country in the world. But, at the same time, we've also made clear that we're going to make sure we select people who are genuinely refugees. Organizations like ISIS are planning attacks around the world. There's absolutely no doubt that they are planning attacks. There is absolutely no doubt that they will use migrant flows to try to move people. That said, no one should think for a second that most of the people who are coming are not people doing it for their own reasons; either they're refugees or they're seeking better economic opportunity or they're under humanitarian stress. A tiny percentage of those would likely be a potential terrorist, but they do exist.

Metro: You came to politics as a reformer. What's left for you to change?

Harper: We now want to make sure we secure our economic framework, that we retain our balanced budget, that we make the investments we need to make to really realize the potential and the opportunities of our economy.

Metro: How will Canadian cities look under another four



Prime Minister Stephen Harper sits down with Metro reporter Jessica Smith Cross on Tuesday. STEVEN GOETZ/METRO

years of your leadership?

Harper: Unlike most of the most developed economies, all of the major developed economies, our average infrastructure age in Canada has actually started to come down a little bit. Theirs is actually rising. We have an opportunity here to make these investments, and we are doing so, without borrowing money, without raising people's taxes.

Metro: If you had a time machine and had the opportunity to go back, what are three pieces of advice you would give your younger self?

Harper: I guess if I could say one thing, it's that you don't know what's coming next. Particularly in this age of a global economy. Anything that hap-

phy of government, where you're leading. We've been clear where we're leading. A government that's lean, where taxes are low, where we don't create jobs directly but we work closely with economic actors to make sure we have a good environment to create jobs. If you have no philosophy, you will just be anchorless and rudderless. Nobody looks at Canada and thinks that. You can look at a lot of other countries and think that. But I don't think people think that about this country.

Metro: We've heard you make many comments that don't seem positive about elites. What do you think has changed them?

Harper: It's not that elite opinion doesn't matter. It all

for their positions. And this is elite political correctness on steroids. We can't have two classes of citizens ... We can't have a class of people who are war criminals and convicted terrorists, as opposed to everyone else.

Our Canadian citizenship means something, and if someone, as we just had recently, someone is convicted of trying to plan the most horrific terrorist plot in Canada — it's something that if carried off would have created a 9-11 in downtown Toronto — if we can't take away the citizenship of that person when we're perfectly able to do so, why, what is it our country stands for, exactly? This is a case where I think you've got elite opinion completely divorced to what ordinary people think and understand. You know, not only on security matters, but we are not a country where we want to have in our midst people who want to destroy our friends and neighbours.

There's some elements of elite opinion who just kind of oppose military intervention, oppose working with our allies, as a matter of principal. How does that help Canadians? Canadians understand that if we don't put military pressure on (ISIS), they are actually going to plan attacks on us. And they

“When there is no reason to keep citizenship, then there's every reason why it should be taken away.”

pens in the world has immediate effects on us. And I'm not just talking about financial crises, refugee crises, the outbreak of a pandemic. Everything in the world can affect us at any moment. The government has to know where it's going. It has to have its fundamentals down, it has to be prepared to adapt. You need to have a philoso-

phers. Expert opinion always counts. But you cannot govern well, and you cannot govern properly, unless you understand the values and realities of ordinary Canadians. You have the other parties opposing, the fact that we now allow the taking way of citizenship from people convicted of terrorist offences. And I listened to the rationales

+ HARPER TO HARPER



2015



2003

What would this guy... ..say to this guy?

Q. If you had a time machine, what advice would you give your younger self?

NUMBER ONE. “You don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us.”

NUMBER TWO. “You need to have a philosophy. In rapidly changing times, if you have no philosophy, you will just be anchorless and rudderless.”

will. And if we're not there, it's going to be worse, not better.

Metro: Would you take away the citizenship of terrorists who only had Canadian citizenship, if you could?

Harper: Well you can't do that because you can't render

people stateless.

Metro: Would you want to?

Harper: You can't render people stateless in international law, but when there is no reason to keep citizenship, then there's every reason why it should be taken away.



READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about



VOTER PROFILE

Name: Jessica Wilson-Frenken **Age:** 30 **Riding:** Ottawa Centre
Her issues: Child care, affordable housing, wage equality

Seeking an end to the 'fog of disinformation'



ROSEMARY WESTWOOD
in Ottawa

Jessica Wilson-Frenken sits surrounded by delicate bowls, linen tea towels and other hand-crafted, hand-picked items at her lifestyle store, Goods, near Ottawa's ByWard Market.

"I will cry, for sure. I will be brought to tears," the 30-year-old says of another Conservative victory. She laughs, but she's not kidding.

We're meeting on the eve of the foreign policy debate, one of the issues that is driving Wilson-Frenken's "anyone but Harper" vote, which looks to be bound for the incumbent NDP candidate in Ottawa Centre, Paul Dewar. "I'm pretty pro-NDP right now," she says.

She ranks this election as "very important. I'm getting so wrapped up in it."

This is a big-picture election for Wilson-Frenken, not about small measures that might affect her, but issues that define the country.

It's about building a Canada her children — 6 and 3 years old — can be proud of. "The Canada that I grew up being super proud

of is vanishing," she says.

This past Canada Day, she stopped to wonder what exactly she was celebrating. "It was emotional."

She's not concerned with small-business tax breaks, having launched her store in March mainly out of a desire to support local artists and chat with people who pop in. She's wondered how much her sales are tied into a stable public-service workforce in Ottawa, but her vote will be based on other concerns.

Chief among them are so-called "women's issues": child care, affordable housing, wage equality, a murdered and missing indigenous women's inquiry.

On foreign policy, she wants to see a Canada that more readily welcomes refugees.

She's hoping for a strong environmental leader in the next prime minister. While she says that folder is perhaps best represented by Elizabeth May, Wilson-Frenken also supports the NDP's environmental platform.

She likes the NDP's child care proposal, despite the fact her kids will be too old for it, and likes that it was

NDP MPs who originally pushed for the end of the tapon tax.

As for leader Tom Mulcair, "I trust him," she says. Something that Wilson-Frenken can't say for the Liberals' Justin Trudeau — "I feel there's always an ulterior motive with what he's doing" — or Stephen Harper.

She calls the Conservatives' campaign so far a "fog of disinformation." "I don't know what they've actually done. I don't feel like I can get to the sources when they're saying, these are the things they've accomplished. I don't trust them at all."

The "fog" also refers to the much-publicized muzzling of government scientists, and the public service in general.

Adding to her pro-NDP vote is the fact Wilson-Frenken likes what Dewar has been doing for her community, including cleaning up Ottawa's rivers. Plus, he has the added bonus planning for a "shoo-in" candidate.

Rosemary Westwood is travelling across the country talking to young voters. On Thursday she'll be in Ottawa again.

On the lookout for affordable daycare

Electorate opens dialogue on viable child care strategies



Lucy Scholey
Metro | Ottawa



Steven Goetz
Metro | Toronto

It's the modern-day catch-22 for many working parents.

To settle for one of the limited affordable daycare spots or have one parent quit a job to take care of the kids?

Often the stay-at-home task falls on mom's shoulders. And it shouldn't, says Martha Friendly, founder and executive director of the Child Care Resource and Research Unit, which is working to secure affordable, quality daycare for all families.

"Women are well-educated and are an important part of the labour force, and child care is an important factor if we want women to participate in the workforce," said Friendly.

A national daycare strategy has been on and off the federal parties' platforms since the 1970s. Paul Martin all but secured a national child-care program in 2004, before Prime Minister Stephen Harper won the 2006 election and scrapped the plan.

This election campaign, only the New Democrats have ex-

plicitly promised an "affordable universal national child care program."

The Liberals are promising a "new National Early Learning and Child Care Framework," while the Green Party wants universal child care for at least 70 per cent of children age six or under. Instead of a child-care plan, the Conservatives would expand the Universal Child Care Benefit to \$160 a month for newborns and children up to six years old, and \$60 a month for the remainder of the age bracket up to 18.

For Jackie Hansen, a single working mother living near the small town of Wakefield, Que., the parties' child-care plans are too focused on middle-class, nuclear families.



This isn't just a family issue. This is a gender-equality issue.

Jackie Hansen

"For me, it's how can daycare strategies get women into the workforce, keep women in the workforce and allow us to be successful in the workforce?" said Hansen, a women's-rights campaigner for Amnesty International.

Hansen, like many in the area, commutes to her full-time job in the City of Ottawa, which is about 35 kilometres away. She needs an affordable daycare that's open 10 hours a day, but Quebec child-care centre (CPE)

spots are limited. Her toddler, Gabe, has been on the waiting list since birth. He's now 3-1/2 years old.

Even if she were to move closer to work, the search for quality, affordable daycare would still be a challenge.

Last April, there were 3,242 children on the waiting list for a child care subsidy in the City of Ottawa. Even new working parents who don't qualify for the subsidy, like public relations consultant Cynthia Waldmeier, have struggled with finding a spot.

When Waldmeier learned she was pregnant, she immediately signed up for the city's competitive centralized childcare list — even before sharing the exciting news with her parents.

Because many centres in the city start accepting children at 18 months old, finding an early daycare spot proved difficult. They settled for a centre that charged \$1,900 a month, which was more than their mortgage payments, but worth it for the short term. Their boy has since moved to a new daycare that's substantially less — \$1,243 a month or about \$62 a day.

Her advice for the federal party leaders: Meet the daycare demand.

"The stress, when you're newly pregnant, is already there," she said. "Already feeling worried about childcare when you don't have a child that's even arriving for another six to seven months — that is just something where if it can be avoided, that would be all the better."

BY THE NUMBERS

Child care: Can we afford it?



Dead last

Canada's rank among 25 industrialized countries rated by the OECD for the quality and accessibility of their child care programs

48%

Proportion of earnings that low-income, single-parent Canadian families spend on child care

\$11 Billion

Estimated annual cost of a subsidized national daycare program that would cost \$10 a day and be free for those earning less than \$40,000 a year



The minimum estimated return, in federal and provincial tax revenue, on every dollar spent on a Canada-wide plan:

150%

SOURCES:
ORGANIZATION FOR ECONOMIC
CO-OPERATION & DEVELOPMENT
TO BANK

STATSCAN

Seniors outnumber kids for first time

Canada's seniors have edged out the number of children under the age of 15, according to the latest population figures that experts say contain further evidence of a long-projected shift in the country's demographic makeup.

The latest round of data released by Statistics Canada on Tuesday show seniors made up 16.1 per cent of Canada's population as of July 1, 2015, compared to 16 per cent for children aged zero to 14.

The figures show a fundamental shift in Canada's composition and signal that the time to confront looming challenges is at hand, said Amanda Grenier, director of McMaster University's Gilbrea Centre for Studies

in Aging.

Grenier said Canadian policy-makers need to emulate policy-makers around the world by reconsidering "how to organize society" to cater to the needs of an aging population.

StatsCan said the figures were driven by a trend that took root in 2011 and has accelerated — the aging of the baby boomers, or Canadians born from 1946 to 1965. THE CANADIAN PRESS

66

They're still fairly young seniors.

Demographer David Foot on the baby boomers

HEALTH

Medical marijuana safe, effective: Study

Medical cannabis appears to be reasonably safe as well as effective in helping to relieve chronic pain — at least in patients who have previously used the drug, a study has found.

The benchmark study, conducted at seven pain-management clinics across Canada, found that patients who used medical marijuana to treat chronic pain had a similar level of serious side effects as those not using the herb.

Principal investigator Dr. Mark Ware said researchers found no difference in the rates of serious pot-related adverse events — including the need for hospitalization or death — between

the two groups during a year of monitoring patients.

The study did find that patients in the cannabis group had an increased rate of mild to moderate side effects compared to those in the non-using control group, such as headache, nausea, drowsiness and dizziness, but those were expected, Ware said Tuesday from Montreal.

Researchers also measured changes in pain, mood and quality of life among the patients.

"We found that both groups improved over time," he said. "But the cannabis users actually improved significantly more than the control group."

THE CANADIAN PRESS

NDP slams Liberals on First Nations math

ELECTION 2015

Costing for education plan doesn't work, says Angus

The federal NDP is questioning the way the Liberals have costed their \$2.6-billion pledge for First Nations education, saying the party has promised to top up a Conservative promise that no longer exists.

Ontario NDP candidate Charlie Angus, a longtime advocate for First Nations issues, said the Grit costing documents include a \$1.7-billion shortfall.

"I'm actually very let down that Justin (Trudeau) played this game because I thought it was a strong benchmark," Angus said in a phone interview.

Trudeau defended his party's numbers Tuesday at a campaign stop in Winnipeg.

"We have been very clear on this from the initial announcement up to our costing platform," Trudeau said.

"The federal government, under Stephen Harper, announced funding for First Nations education ... that it had actually never spent. It is money that exists within the current budgetary framework but has not been spent yet on First Nations education."

Trudeau said his party intends to top up the unspent money with "hundreds of millions of dollars more every year" to en-



Liberal Leader Justin Trudeau tours electric transformer manufacturer Carte International on Tuesday in Winnipeg. NDP criticism has forced Trudeau to defend his funding strategy.

PAUL CHIASSON/THE CANADIAN PRESS

sure First Nations education is properly funded.

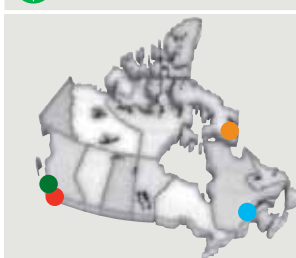
But Angus said the math still doesn't add up.

"The Conservatives promised that money and pulled it back, so it's not there," Angus said.

"He's counting a broken promise as financial numbers. So Conservative broken promise, Liberal broken promise... We need to actually see the dollars so we can build these schools."

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



● **Stephen Harper** will be in Quebec City.

● **Justin Trudeau** will be in Surrey, B.C.

● **Tom Mulcair** will be in Iqaluit.

● **Elizabeth May** will be in Burnaby, B.C.

CLEVE'S FORUM SALE!

\$2.3 MILLION

INVENTORY CLEARANCE AT THE HALIFAX FORUM

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Thursday Oct. 1: Noon - 9pm • **Friday Oct. 2: 9am - 9pm**

Saturday Oct. 3: 9am - 6pm • **Sunday Oct. 4: 9am - 5pm**

Halifax Forum Multi-purpose Room on Young Street



Obama sees long fight

TERRORISM

World leaders meet at UN to discuss how to defeat ISIL

U.S. President Barack Obama on Tuesday pledged all possible tools — military, intelligence and economic — to defeat the Islamic State of Iraq and Levant (ISIL), but acknowledged the extremist group has taken root in Syria and Iraq, is resilient and continues to expand.

Obama hosted a UN gathering of world leaders working to expand the battle against terrorism, a day after he and the leaders of Russia, China and Iran addressed the General Assembly during its 70th anniversary.

The fight against terrorism, particularly in Syria, has seized the attention of top officials, but there has been no overall agreement on how to end the conflict there.

"I have repeatedly said that our approach will take time. This is not an easy task," Obama cautioned, while add-



Cuban President Raul Castro talks with U.S. President Barack Obama before a bilateral meeting, Tuesday, at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

ing that he was "ultimately optimistic" the brutal organization would be defeated because it has nothing to offer but suffering and death.

"This is a long-term campaign — not only against this particular network, but against its ideology," he said.

Meanwhile, making good on a pledge to change U.S. posture toward Cuba, Obama held talks with Cuban President Raul Castro, the second time the leaders of the once-estranged nations have met this year.

Obama and Castro smiled and shook hands before begin-

ning their private talk on the sidelines of the annual gathering of world leaders at the United Nations.

The White House said the leaders discussed additional steps each government can take to deepen co-operation. THE ASSOCIATED PRESS

MOUNT EVEREST CLIMBERS

Nepal looks at age, experience curbs

Nepal is considering placing new age and fitness restrictions on people who want to climb Mount Everest, officials said Tuesday, as the country looks to enhance safety on the mountain after several disasters in recent years.

The government is mulling barring people under 18 and over 75, as well as those with disabilities, said Mohan Sapkota, a spokesman for the Himalayan country's ministry of tourism. The new rules could also require that climbers attempting to scale the 8,850-metre mountain have experience on medium-size peaks.

"We are discussing the ways to promote safety for mountaineers. The mountain should not be the place for people to die. It should be a place for adventure," Sapkota said, adding that the government's deliberations were at a very preliminary stage.

Everest climbing permits earn Nepal, an impoverished nation, millions of dollars a year, but the government has come under criticism after a series of disasters over the past



Trekkers walk towards Everest base camp in Nepal. THE ASSOCIATED PRESS FILE

few years. Officials have also been blamed for granting too many permits.

Nepal currently bars people under 16 from attempting to climb Everest, but has no upper age limit. The oldest person to scale the peak was an 80-year-old Japanese climber.

The youngest to reach the top of the world's highest mountain was 13-year-old American Jordan Romero, who did it in 2010. But Romero climbed from the Tibet side at a time when China imposed no age restrictions on climbers.

THE ASSOCIATED PRESS

NORTHERN IRELAND

Charges dropped against Sinn Fein leader in 1972 IRA slaying

Sinn Fein party leader Gerry Adams and six other suspected IRA veterans will face no charges over the outlawed group's 1972 abduction, slaying and secret burial of a Belfast homemaker, Northern Ireland prosecutors announced Tuesday.

Adams, 66, was arrested last year on suspicion of involvement in the disappearance of Jean McConville, a 38-year-old widowed mother of 10 whom the Irish Republican Army believed was a British informer.

Northern Ireland's deputy

director of public prosecutions, Pamela Atchison, said evidence was "insufficient to provide a reasonable prospect of obtaining a conviction against any of them."

After his release from custody in May 2014, Adams said detectives had grilled him about audio tapes from two IRA veterans, Dolours Price and Brendan Hughes, both of whom had identified Adams as an IRA commander in Belfast in 1972 responsible for ordering McConville's killing

and disappearance. Price and Hughes gave their accounts to researchers on condition their comments not be published until their deaths; Hughes died in 2008, Price in 2013.

Before Tuesday's announcement, prosecutors briefed McConville's relatives about the decision. Some of her children — who were separated into different foster homes after being told that their mother had abandoned them — have campaigned since the mid-1990s for Adams and other

alleged IRA commanders to be held to account. They reject IRA characterizations of their mother as a spy. One son, Michael McConville, said his family didn't intend to let the IRA off the hook.

"Those who ordered, planned and carried out this war crime thought that their guilt could disappear along with her body," he said. "But it has not. And we will continue to seek justice for our mother ... no matter how long it takes."

THE ASSOCIATED PRESS



Michael McConville, the son of Jean McConville, said his family will not let the IRA off the hook. THE ASSOCIATED PRESS FILE

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

TOP SIX@6 LAST NIGHT:

- 6 One Direction Drag Me Down
- 5 Halsey Stienfeld Love Myself
- 4 The Weeknd The Hills
- 3 Macklemore ft Ryan Lewis Downtown
- 2 Nick Jonas Levels
- 1 Justin Bieber What Do You Mean

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GERMANY

Refugees have less space than a dog

metr The Syrian Crisis Housing

Refugees coming to Germany can expect a roof over their head, a bed to sleep in and three meals a day. But with authorities struggling to find housing for tens of thousands of people each month, many new arrivals will find their lodgings a squeeze.

Smaller, in fact, than what's permitted for a German shepherd dog. At least three states

— including Bavaria — have lowered their requirements for shelters, including for the minimum amount of space available to each refugee. Six states had no minimum requirements, while two required that refugees have at least seven square metres of space each. By comparison, animal protection laws stipulate that medium-sized dogs get at least eight square metres of kennel space.

THE ASSOCIATED PRESS

CYBERATTACKS

Top spy pessimistic on deal with China

The top U.S. intelligence official said Tuesday that he's not optimistic that an agreement the U.S. recently struck with China will effectively deter state-sponsored cyberattacks on business emanating from the communist nation.

At a Senate hearing, Armed Services Committee Chairman John McCain asked Director of National Intelligence James Clapper if he was optimistic that the agreement would result in the elimination of such

attacks from China.

Clapper replied: "No."

The agreement was not supposed to eliminate all cyberattacks, only state-sponsored ones that target businesses.

Clapper said economic sanctions might be the best way to curb cyberattacks from China.

Clapper added that when discussing penalties, policymakers also must remember that the U.S. conducts cyber-spying, too.

THE ASSOCIATED PRESS

WOMEN ON BOARDS

CIBC to set target numbers

CIBC plans to set formal targets this year for the number of women on its board of directors and in executive officer positions, the bank's CEO said Tuesday.

"In business, people respond to targets," Victor Dodig said during a roundtable hosted by the Ontario Securities Commission on the issue of gender diversity on corporate boards.

In a joint initiative with other securities regulators, the OSC released a review Monday of a new "comply and explain" policy that requires publicly traded companies to disclose certain statistics around the representation of women on their boards and in executive officer positions.

Regulators in every province and territory except for Prince Edward Island, Alberta and British Columbia implemented rule amendments at the end of last year requiring issuers to provide targets for how many women should sit on their boards or in executive officer roles. The rule changes also require companies to disclose their policies relating to how women are identified and nominated for such posts.

If an issuer chooses not to implement targets for female composition and other related policies, it must explain why it has chosen not to comply.

Dodig said about 30 per cent of CIBC's directors are women, while female representation in executive officer roles is in the "high 20s."

THE CANADIAN PRESS

Google aims at Apple with two new phones

TECHNOLOGY

Upgraded Now personal assistant rivals iPhone's Siri

Google is countering the release of Apple's latest iPhones with two devices running on a new version of Android software designed to steer and document even more of its users' lives.

The Nexus 6P and Nexus 5X unveiled Tuesday are the first smartphones sold with an Android upgrade called Marshmallow. It features changes that will give expanded powers to Android's personal assistant, Google Now, so it can explore the information that people call up in the mobile applications.

The Marshmallow version of Android enables users to summon Google Now to scan whatever content might be on a mobile device's screen so it can present pertinent information about the topic of a text, a song, a video clip or an article.

The new Android feature, called Now on Tap, will scan the screen in an attempt to figure out how to be the most helpful.

Apple's new operating system also has programmed the iPhone's Siri assistant to be more intuitive so it can anticipate what the user might



Dave Burke, vice-president of engineering at Google, speaks about the new Google Nexus 6P smartphone during an event on Tuesday in San Francisco, Calif. TONY AVELAR/THE ASSOCIATED PRESS



The Nexus 6P smartphone. COURTESY GOOGLE.COM



The Nexus 5X smartphone. COURTESY GOOGLE.COM

want or need before being explicitly asked.

"In a multiscreen world, it is even more important for Google to do the hard work, so the experience is simple and delightful for the users," Google CEO Sundar Pichai said.

Google began taking pre-orders for the Nexus phones in the U.S., United Kingdom, Ireland and Japan on Tuesday, with prices for the 6P starting at \$499 US and \$379 US for the 5X with no commitment to a wireless contract required.

They are expected to start shipping by mid-October.

The Nexus phones are undercutting Apple, which sells the iPhone 6s for \$649 US and the 6S Plus for \$749 US without a subsidy from a wireless carrier.

The Nexus phones also feature better cameras than previous models, matching similar upgrades that Apple just made to its iPhone 6s and iPhone 6s Plus. The Nexus 6P has a 5.7-inch screen, slightly larger than the iPhone 6s Plus. The Nexus 5X has a 5.2-inch screen.

The debut of the latest Nexus phones underscores the steadily intensifying rivalry between Google and Apple as they duel for consumers' loyalty in the increasingly important mobile device market.

THE ASSOCIATED PRESS

IN BRIEF

Hudson's Bay cutting jobs in Toronto and New York

Hudson's Bay is laying off 265 people. Company spokeswoman Tiffany Bourre says the cuts will affect a variety of jobs but will mainly be from its corporate offices in Toronto and New York. Bourre says the majority of the layoffs are in the New York offices. The company, which was founded in 1670, employs close to 45,000 people around the world. THE CANADIAN PRESS

Snowden joins Twitter, immediately follows NSA

Edward Snowden, the former National Security Agency worker, who leaked classified documents, opened a Twitter account Tuesday. He had more than 185,000 followers an hour after his first tweet, "Can you hear me now?" He is following just one account: tweets from the National Security Agency. The account has a check mark, indicating it was verified by Twitter. THE ASSOCIATED PRESS

market minute

\$	DOLLAR
	74.53¢ (-0.13¢)
📈	TSX
	13,036.96 (+32.38)
🛢️	OIL
	\$45.23 US (+80¢)
🔥	GOLD
	\$1,126.80 US (-\$4.90)

NATURAL GAS: \$2.586 US (-8.4¢)
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Finding the home that works for you

With Metro Moves, we introduce many different living experiences, from high-rises to town homes; from renting to owning; from downtown living to nature trails.

In their latest statistics, the Canadian Mortgage and Housing Corporation shows rental units are the lion's share of new construction in this city. Overall, there were 1,967 construction starts by the end of August compared to under 1,100 at the same time last year. Most of those construction starts are multiples — condos, semi-detached and row homes and rentals. So far this year, 1,754 new builds are multiples — the bulk of which are rentals — leaving only 213 for single, detached homes.

"I think you can appreciate that while the construction activity has been fairly strong this year, it's been converging towards the multiples start, especially those offered in the rentals tenure," says Guillaume Neault, a market analyst with CMHC in Halifax.

Downsizing is a Canada-wide trend, Neault said, but it takes a different spin in HRM. In most cities, people who are looking to cut down their living space usually choose condominiums. But in Halifax, most people are turning to rentals, Neault said. Between 2006-2011, HRM added close to 6,000 renters.

"Which explains some of the trends of rental apartments in Halifax," Neault says, adding it's been strong for the past six years



SHUTTERSTOCK

"We see also an increase in the number of renters, especially in the 55-plus age cohorts."

The location of new construction is also shifting. Over the past four or five years, most of the construction efforts took place

around the Larry Uteck Boulevard and in Bedford South. This year the activity has been mostly focused in the peninsula, he said. Out of the 1,754 new units built so far this year, at least 1,000 are on the peninsula with a few hundred in Dartmouth.

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"Our relationship begins with the initial leasing appointment and continues long afterwards," says Donna Burgess with J2K Properties.

"Jim and John Kanellakos, the owners of J2K Properties, have always taken the hands-on approach to their projects. They are involved in all aspects of development and design, building construction and day-to-day leasing and operating."

J2K Properties builds top-quality apartment buildings with attention to detail and finish. Tenants love the well-designed, open-concept floor plans and spacious common areas.

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schools, playgrounds and walking trails and the proximity to Highway 102 facilitates a quick commute.

J2K's newest project is Friesian Place. Opening in January 2016, the spacious units offer open-concept floor plans and air-conditioned units.

The property will feature a separate amenity building to give tenants access to a large social room, games and theatre rooms and a state-of-the-art fitness centre.

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METRO MOVES

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age. The buildings have beautiful common areas, plus indoor and outdoor parking.

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Check out Ocean Breeze Estates, a family-friendly townhouse community in Dartmouth. And for young professionals who want the benefit of being close to work or downtown entertainment there is a selection of properties in the South End of Halifax.

The Paramount Apartments next door to the Lord Nelson Hotel and Suites on South Park Street boast amazing views of Halifax's famous Victorian Public Gardens. In addition to being connected to Park Lane Mall and Nelson Place, Paramount Apartments are a perfect fit for the urban lifestyle.

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Ridgeway Towers, Armdale Place offer fabulous views, nearby Metro Transit service and they are close to schools and conveniences. These and many more apartments are available for new tenants.

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Town homes for modern families

Be the first to turn the key in a stunning new town home in the desirable Parks of West Bedford. The first four town homes on the cul-de-sac on Mona Parsons Drive are currently under construction. These large town homes with a total living area of approximately 2,000 square feet, are perfectly designed living spaces for the modern family and built with quality by Ariana Developments.

They have four bedrooms — three up and one down — plus three and a half bathrooms and a garage. The have an open-concept design, creating a great flow to the space.

Ariana is committed to constructing homes of superior quality at an affordable price. The team at Ariana is passionate about developing communities which suit a variety of lifestyle needs for their clients. Since 1995, Ariana has built many residential and commercial projects throughout HRM including in the Parks of West Bedford and in Parkwood Ridge on Castlestone Drive.



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Ariana has experienced tremendous growth over the past few years and has become one of the most innovative builders of townhouses, garden home condominiums, and multi-use residential units in Halifax Regional Municipality. This success has led to exciting new developments in West Bedford and Dartmouth.

They strive to become Nova Scotia's premier building company. Built on a foundation of experience, reliability and integrity, Ariana aims to exceed your expectations and surpass industry benchmarks.

Mona Parsons Drive Project is being represented by Quest Realty Agents Linda Osborne, linda@questrealty.ca/Cell: 902.880.8887 or Mike McIntosh, mike@questrealty.ca/Cell: 902.240.1837.

Amesbury Gate: Contemporary Elegance in Waterberry Park

Located directly off Larry Uteck Blvd and running through the beautiful Waterberry Park, Amesbury Gate, Provident Developments' tradition of excellence continues with an innovative collection of elegant, contemporary homes.

You can select from a variety of modern open concept designs with elements of craftsman styling at Amesbury Gate. Home designs range from bungalow style townhomes to large five bedroom single family homes. Decisions, decisions!

Waterberry Park is conveniently located within minutes of all that Bedford has to offer and within close proximity to Hemlock Square services. From Larry Uteck there is quick access to Highway 102 and the airport that is only 20 minutes away.

It features greenways and extensive recreational trails and is steps from Kearny Lake, which offers year round recreational opportunity — swim, paddle, row, and skate.

Provincial crown lands behind the lake offers rougher terrain for hiking and



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snowshoeing in the winter. Look for our show home opening in December.

For more details about homes at Amesbury Gate go to providentdevelopments.com and click on Our Neighborhoods to find Amesbury Gate.

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Concorde Way ready to open doors to tenants

Beautiful, luxurious and brand new, Concorde Way Subdivision Developments will be welcoming tenants starting Oct. 1. The first of two 39-unit apartment buildings in Enfield is set to open its doors next month. It's a mix of one and two bedroom units with rents ranging from \$1,100-1,500 per month which includes heat, water and parking. The building features in-floor heat, underground parking, granite counters, laminate floors and large balconies.

It's a family community built and managed by family. Joe Faddoul, owner of Precision Realty, works with his father Youssef on the construction while Faddoul's brother John focuses on rentals and property management all under the Concorde Way Subdivision umbrella.

"We will be starting the second building in the next few months," Faddoul says.

Also at home in the Concorde Way Subdivision, they have started building the first three lots of 14 semi detached dwellings (28 doors) which have been listed for sale with Precision Realty starting at \$249,900.

"These feature three bedroom, two and a half bathrooms, hardwood, laminate and ceramic floors, granite counters, large yards, single-car garage and an upgraded trim package," Faddoul says.

He added they plan to build them as the market dictates with a few ready for sale at all times.

"We will be complete the first few by March 2016," he says.

Check out concordeway.ca for more information on the project.

Precision Realty has many more exciting projects and listings to offer tenants and homebuyers. Faddoul started Precision Realty in May 2012 and it has grown since then. There are now 14 agents on the team focusing on several new construction projects, commercial real estate as well as residential resale.

"We are gearing up to start a rental division to handle new construction apartment rentals, as well as plans for a property management division," Faddoul says. "We are located in Clayton Park currently but focus all over the province."

Precision Realty has grown so much, they're bursting at the seams and have outgrown their office space. Faddoul says they have plans to expand to a larger location next year.

Precision Realty is also set to launch new home sales in Rockingham South in the next couple of months. There will be single family homes as well as townhouses. "The views are spectacular from there, buyers are going to be impressed with this subdivision, the developers have done a great job of laying it out".

CONCORDE WAY SUBDIVISION DEVELOPMENTS



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Check out the listings in real time

Check out Paramount's listings in real time on 444rent.com or through 444RENT on Facebook.

It is the best resource to see photos, browse amenities, learn about the neighborhood and apply online from anywhere across the country.

Avonhurst Gardens, located at 5 Horizon Court in central Dartmouth, is a new set of buildings consisting of 214 beautiful apartment homes. The Banook Building and the Albro Building are named after nearby lakes and are connected with a ground level common area called Mic Mac.

Many of the apartments come with their own private green space or garden. Plus 32 gardening plots are available to residents on a first come first serve basis. Talk about unique.

Avonhurst has even more to offer:



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there is a fitness centre, movie theatre, community kitchen, library nook, resident lounge, business centre and meeting room.

Residents living in any Paramount property receive a Paramount Perks Card which offers discounts from partner businesses including restaurants, boutiques, taxi services and storage companies.

Near the Hydrostone and leasing next fall, St Joseph's Square at 5450 Kaye St. features 106 suites and over 6,000 square feet of retail and commercial space.

Residential developments on track in downtown Halifax

Construction of Killam Properties' newest rental development, in partnership with Halkirk Properties, has begun in downtown Halifax adjacent to the historic Brewery Building.

Surrounded by unique downtown shops, restaurants, farmers markets, and public transit, and with easy access to the waterfront, the Alexander is perfectly located for those who love urban living.

The 23-storey residential tower will have commanding views of the Halifax Harbour and residents will be offered modern amenities including a two-storey lobby, a large fitness room, two social suites, two large landscaped rooftops and underground parking. Suite finish options will include solid surface countertops, contemporary kitchens, stainless-steel appliances, and generous balconies and terraces.

The development also includes approximately 6,000 square-feet of commercial space along Lower Water Street.

Completion is anticipated late summer 2017.



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Scheduled for completion summer 2016, Killam's \$15.5 million Southport project on Barrington Street is a joint venture with Urban Capital of Toronto.

Architecturally, the "stacked" 6-storey exterior and its industrial-inspired interior is a nod to Halifax's rich shipping history.

Killam will lease 1,800 sq. ft. of commercial space on Barrington Street and 70 of the 142 units (the remaining units are condominiums). Resident amenities include a well-appointed lobby, fitness room, social suite, and underground parking.



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The Huntington more than just an address

All the extras make The Huntington a great place to call home.

The location at 58 Holtwood Court off Baker Drive in Dartmouth, is excellent. It is in central Dartmouth and close to shopping. But what's inside the 114-unit building is equally impressive.

"We have some suites with spectacular harbour views and every suite comes with a washer, dryer, dishwasher, microwave as well as a fridge and stove," says Candace Allen-Elliott with Centurion Property Associates.

"We have great party rooms and free parking."

Check out the newly opened fitness room or the indoor and rooftop event rooms. One underground and one above-ground parking spot is included in the monthly rent. And when your car is dirty, wash it and vacuum it in the dedicated car wash bay.

There are also storage units available for your convenience. The balconies at

The Huntington have fabulous views of the city skyline and Halifax Harbour. The suites have plenty of cabinet and closet space, and abundant natural light.

All this for an affordable price: Rents range from \$1,275-\$1,925, plus heat and water is included. Two bedroom and two bedroom plus den units are now available for rent.

Two bedroom units are 1,215 – 1,395 square feet and rent from \$1,275. Two bedroom plus den units are 1,329 – 2,012 square feet and rent from \$1,545 a month. Two bedroom plus den units on two levels are 1,800 square feet and start at \$1,825.

The Huntington is located in the new and desirable residential community of Russell Lake West, near the intersection of Mt. Hope Avenue and Highway 111.

The Huntington provides easy access to the Woodside Ferry and is a short drive to Dartmouth General Hospital.

This community is also directly across



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from Millstone Square which boasts a Sobeys, a BMO, several health and fitness outlets and a variety of retailers and restaurants.

Call today to book a tour. Your rental

application will be processed within 24 hours. The Huntington Rental Office, open Monday-Friday 9-5:30, can be reached by phone at 1-888-236-7767 or by email at rentals@cpliving.com.



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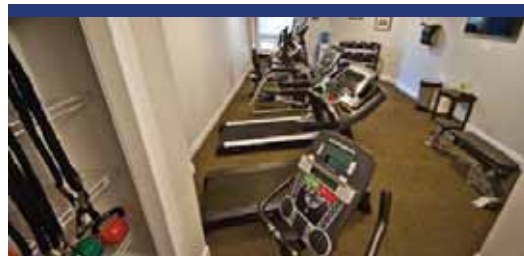
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Seapoint at Harbour Isle

New Release - Seaside Townhomes and Lofts

Seapoint Condominiums is releasing a fabulous seaside Townhome and Loft Collection. These new homes will appeal to urban professionals, first time buyers, families and people who wish to live in a traditional style home with the advantages of living in a condominium community. Destined to be a prized address with stunning views of the water, Seapoint Condominiums at Harbour Isle offers inspired architecture and stylish contemporary design.

Seapoint features affordably-priced suites from 810 up to 1,736 sq.ft., starting from the mid \$200,000's.

The New Release offers 2-storey, 2-bedroom Townhouse Lofts and 2-storey, 3-bedroom Townhomes ranging from 1,274 to 1,712 sq.ft. with beautiful features and finishes. Prices start at \$381,900.

Seapoint is the first landmark

condominium at Harbour Isle Waterfront Village, a 22-acre oceanfront community

on the Halifax Harbour. One visit may be all it takes to move you because this really is a beautiful place to live!

This inspired master-planned Waterfront Village is located on one of the prettiest settings on Bedford Basin. Located next door is the Dartmouth Yacht Club and Seamasters Marina. Walk to work in Burnside Business Park or take a short drive to Dartmouth Crossing. The premier shopping, dining and entertainment destination in the Greater Halifax area.

Seapoint will become a beautiful



place to live where residents can start their day with coffee on their oversized

balcony and enjoy the fabulous views to the ocean before a stroll or run along the waterfront trail. The Village retail zone offers convenient shopping with a planned pharmacy and grocery store, restaurants and more!

Thoughtfully planned lifestyle amenities will be available exclusively for residents. When you live at Seapoint, you can throw a private party in the designer decorated lounge with gourmet kitchen. Have a BBQ out on the patio. Work out at the professionally equipped gym.

Out of town guests can stay overnight in the furnished Guest Suite. Everyone who visits is sure to be impressed with your choice.

Visit the Seapoint Model Suite & Presentation Centre today.

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For up to the minute information join us on [f](#) [t](#)

Renderings are artists concept. Prices & specifications subject to change without notice. E.&O.E.



This is the weekend to visit Seapoint at Harbour Isle! We're releasing our spacious 2-storey, 3-bedroom Townhomes and 2-storey, 2-bedroom Townhouse Lofts. Enjoy ground floor living right on the waterfront with elegant features and finishes, many with stunning views out to the sea.

This is a beautiful place to live and play in a glorious setting with active lifestyle amenities, next door to the Dartmouth Yacht Club with oceanside trail, great shopping and Burnside Business Park nearby. Visit the Seapoint Sales Office and tour our Model Suite today!

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Garden-style living is Gerald Mitchell Contracting's new line of retirement living homes. These beautiful homes offer zero-grade entry, garage and walk-in shower. Everything you need is on one level.

Many retirees want to stay in the

neighborhoods close to their children and grandchildren but also need an accessible, easily-maintained home. That's why Gerald Mitchell Contracting's garden-style homes are so unique and popular. With the first model homes ready to go in Fall River in November, interest in the properties was instant once the signs went up.

"All the benefits of a new condo building in a private home, minimal maintenance and no condo fees. We meet all of your needs," Mitchell says.

"Our business is shifting from families looking for large estate-like properties to more efficient, easy to maintain properties allowing them to travel and be on the go more. We're seeing that definite shift in our clients and we're building homes that reflect those values."

For 40 years, their clients have appreciated the attention to quality and the family atmosphere at Gerald Mitchell Contracting. Here everything is included



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in the price with no surprises.

Many years of hands-on experience through framing, running operations and dealing with customers have given Mitchell the knowledge to deliver the best possible product to his customers.

His conviction to his craft and commitment to clients has earned him a reputa-

tion as a trusted industry leader. Only in recent years has Gerald retired his tool belt (after 30 years of hands-on framing) to focus solely on the operation of his company.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

Our office allows shorts on casual Fridays during the summer, but now it's back to long pants. This is unfair because women are still allowed to wear short skirts and dresses. Should I protest?

Dear Ellen,
Our office dress code allowed shorts on casual Fridays during the summer, but now it's back to long pants for everyone. This is unfair because women are still allowed to wear short skirts and dresses year-round. Should I protest?

Patrick, Edmonton
Dear Patrick,
I'm of the view that great swaths of naked flesh are not appropriate for any respectable workplace, and I could even use the etiquette argument that covering up as per the rules makes for a more comfortable and productive office where no worker need be distracted by semi-nudity at the next desk.

That being said, your question raises some interesting issues around civil rights and sexism.

Assuming your office is indoors and your duties don't require a hazmat suit or fire-retardant underwear and you haven't signed a contract agreeing to wear a company uniform or abide by any other rules re: clothing and accessories, you can pretty much wear whatever you like to work in this shining democracy we call Canada. That's barring any contravention of the Criminal Code, section 173's dictates on indecent exposure.

If you're challenged by the brass, you can always take it to

court. You have a good chance of winning, as other Canadian workers have, over the years, won the right to wear pantsuits (for women) or earrings and sideburns (for men).

Personally, I might choose a different battle to risk my job over, like: Are the skirt-wearing non-male people in your office being promoted and paid equally, while elsewhere in our shining democracy women earn 74 cents for every dollar earned by men? Does your company support recycling? Is there one flickering fluorescent light that is giving you migraines, but no matter how many times you complain nothing happens? And you swear to God one day you are really going to lose it, and take that cheap ugly broken coat stand and smash those flickering white tubes to pieces? And then mercury vapour will infect the entire office and is that what they want?!

But that's just me. If baring your lower limbs to the people

you work with is a civil-rights issue you truly believe in, I wholeheartedly support your right to go ahead and protest.

As for your complaint that the rule is sexist, one might argue that, good lord, man, women are making 74 cents on your dollar and now you're whining because they get to wear dresses? But I am not that person. I think all sexist rules are all bad, no matter who seems to benefit. And the dress thing is not always a benefit. While waiting tables at one of several disgusting restaurants during university, I was once required to wear a bust-enhancing Bavarian-fraulein frock made out of some special kind of plasticized polyester that retained the body odour of every previous wearer, no matter how many scalding-hot wash cycles I put it through. And it was a pizza restaurant!

The fact is, "letting" women wear dresses and skirts, and deeming smooth,



© Ana Castillo

slim female limbs more acceptable than knobby, hairy male limbs, is just another example of how our patriarchal shining democracy condescendingly idealizes the female form. That reinforces the idea that women are softer and more decorative — i.e., less useful — than brawny men, which then makes it easier to relegate the semi-clothed "skirts" to the 74-cents-on-the-dollar category.

So, Patrick, rest assured that you'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in. And, if you don't feel like going to the barricades over it, allow me to suggest one other way you can follow the long-pants-or-skirts-only rule and still feel the breeze on your knees.

You can always wear a kilt.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Vote for public services by ballot, not crowdfunding



Laura Boast
Metro | Toronto

Another heartbreaking narrative, the kind people open their wallets for: High-needs Ottawa schools with pitiful libraries competing against others nationwide in Indigo's Adopt a School contest.

The principals' comments on the contest website reveal hints of desperation. "Many of the books on our shelves are terribly out of date," writes Cindy Beauchamp, principal of Queen Mary Street Public School. "Our school demographic is such that we are unable to raise funds for the library on our own."

To win, a school needs to drive the most people to click to "adopt" it on the website. The three schools in each province with the most clicks win the lottery (\$10,000, \$7,500 or \$5,000, respectively, in Indigo gift cards). That's a jackpot, especially at the Young Adult bargains table.

It's a popularity contest to win the proceeds of your cash-register donations to Indigo's Love of Reading Foundation. In other words, crowdfunding for public education. I thought that's what taxes were for.

No one would begrudge a school library new books, and clicking is more efficient than selling chocolate bars. But there's something wrong when schools or public services have to turn to crowdfunding. Not surprisingly, with government cutbacks, it's taking off.

Two years ago, with his city fresh from bankruptcy,

the mayor of Central Falls, R.I. turned to the civic crowdfunding site Citizinvestor to raise money for park trash cans.

It was a success: A small number (68) of likely wealthy donors raised \$10,000. But the cash won't cover the cost of workers to empty the new trash cans, or replacements when the sparkly new cans themselves become trash.

In a larger campaign, a small Welsh town turned to the crowdfunding site Spacehive to get the last \$40,000 needed to build a community centre. There was a sense of urgency: Government grants for the project were about to run out. The U.K. comic Stephen Fry challenged his four million Twitter followers to donate. Result: The town has a new community centre.

But not everyone has a Stephen Fry. Funding for public resources shouldn't require a celebrity endorsement. It shouldn't be a contest to see who can tell the best story.

Civic crowdfunding is like the Hunger Games: It pits people with equally worthy causes against each other. Like the series' hero, Katniss Everdeen, those with extra strengths (social media savvy, a great personality) prevail. But it's not just individuals at risk in this very public game — it's the idea of equitable, impartial, fair public funding.

That's what we pay governments for. The more crowdfunding takes over, the less government has to. Public services are always going to be a popularity contest, but I want my vote to be on the election ballot.

You'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in.

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Orange you glad it's October?

IN SEASON

Spice up your fall food repertoire with tasty and versatile pumpkin

Pumpkin is definitely the “flavour du jour” at this time of year, although much of the coffee, tea, chips, cereal, marshmallows, gum and even beer that purport to be pumpkin-flavoured haven't been within a mile of real pumpkin.

Instead, they're made using the spices that give pumpkin pie its distinctive taste — some combination of cinnamon, nutmeg, clove, ginger, allspice and mace.

But if you want the real thing — from scratch — “it requires some work,” says Rodney Weisner, chef at the Designer Café in Kentville, N.S.

Weisner confesses that he usually uses canned, unspiced, 100 per cent pumpkin purée in his creations, simply for convenience.

To start with an actual pumpkin is time-consuming and a bit intimidating.

First you have to know there is a difference between carving pumpkins and those used for cooking. Pie pumpkins — also called sweet or sugar pumpkins — are generally smaller, the “meat” is denser, with a less grainy texture, and the skin is easier to peel.

Once you have the right pumpkin, you have to peel it, remove the stringy bits and seeds, then chop it, he says. If using in a stew, for example, the chopped pieces can be added raw. But for every other pumpkin dish Weisner can think of, the chopped pumpkin has to be cooked before it can be combined with other ingredients.

He generally boils it until tender, but it can also be steamed or roasted, even in the shell (after the pumpkin has been



Quinoa and pumpkin is a delicious breakfast substitute for oatmeal. THE ASSOCIATED PRESS

cut in half and cleaned out).

Most recipes call for pumpkin purée, which would describe pumpkin out of a can. To make your own, purée cooked pumpkin in a blender or with a hand-held blender and then let it drain in a colander or through cheesecloth for a couple of hours to remove excess moisture.

Pumpkin has a natural sweetness, he says, and perhaps that's why it seems to be more commonly found in dessert-type dishes than in savoury presentations.

Pie is the quintessential pumpkin dessert and a holiday tradition in many

families. But pumpkin breads, cookies, all kinds of cakes, brownies, muffins, cheesecake, mousse and puddings are also popular.

In terms of savoury dishes, “you can basically insert pumpkin into any recipe where you would use a squash or turnip, such as an ingredient in stew, for example,” says Weisner. “It's going to add a sweetness; not as sweet as parsnip, for example, but somewhat similar.”

Soup is one of the most common savoury pumpkin dishes, but it can also be used to make pasta, lasagna, risotto, hummus and many other dishes.

One of Weisner's favourites is ravioli made with a pumpkin stuffing, garlic cream sauce and topped with Parmesan cheese. He also likes to add “background heat, a little chili powder or a pinch of cayenne, just to give an interesting flavour note.”

THE CANADIAN PRESS



RECIPE

Kick-start the morning with a quinoa-pumpkin breakfast bowl

Quinoa is packed with protein, full of fibre and vitamins, and — bonus! — it's gluten-free. The quinoa breakfast bowl is a quick morning meal that can be easily customized according to your family's preferences. Mix cooked quinoa with milk, flavouring (vanilla, orange zest, coconut, etc.), and heat in the microwave until warm. Top with fruit, nuts and maybe some yogurt, dried fruit or a drizzle of maple syrup. Done. Warm, filling, healthy breakfast bowls that everyone will love.

With fall upon us, this quinoa-pumpkin breakfast bowl will have you feeling positively autumnal.

Start to finish: 10 minutes
Servings: 1

- 3/4 cup cooked quinoa
- 1/4 cup unsweetened vanilla almond milk (or other milk)
- 2 Tbsp pumpkin purée
- Dash of pumpkin spice (or cinnamon and nutmeg)
- 2 tsp maple syrup
- 1/2 banana, sliced
- 2 Tbsp low-fat plain Greek yogurt
- 1 Tbsp chopped almonds (or other nut)

In a microwave-safe bowl, mix together quinoa, almond milk, pumpkin purée, pumpkin spice and maple syrup. Heat in the microwave until very warm, 1 to 2 minutes. Stir, then top with banana, yogurt and nuts.

THE CANADIAN PRESS

NEW FOOD

Sacha Inchi: The perfect plant protein

Sacha Inchi may be the best plant-based protein you have never heard of.

Inca nuts, as they are sometimes known, are the lightly roasted kernel of a seven-foot tropical vine that can produce fruit a few times per year.

The seed of this fruit is harvested from its husk and inedible goopy layer and then roasted into a nutty, crunchy snack much like peanuts or soy nuts.

The most common way to consume it, though, is within a protein powder that you may

mix into a sport beverage.

These pricey must-have snacks are still hard to find outside health food stores and online health purveyors.

The nut has been consumed by the Peruvians for millennia as it grows wild in the tropics. The plant fruits a nut that is rich and balanced in all amino acids and has the impressive omega-3 fatty acid profile of fish. It's also full of critical nutrients like vitamins A and E.

The search for a great protein source that's also low in bad fats has led to the soy craze —

now winding down thanks to GMO politics.

Fish are another great source of protein that's high in good omega-3 fatty acids, but it comes with its own set of issues like overfishing and ocean pollution.

So is the answer Sacha Inchi? Not quite — the way the nuts are grown might prevent them from becoming the next “superfood.”

Like many ancient tropical foods, they tend to prefer their wild ways and resist cultivation ... so far.

But now you will know what that cool/quirky ingredient is when it shows up as the hot item in your meal replacement or granola bar. The nutty vegan food with an even nuttier name.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



Fifth cookbook Fresh off the press

COOKING

Toronto chain releases a book of vegetarian delights

It's always a thrill when popular Toronto vegetarian chain Fresh reveals its recipes. Super Fresh is the restaurant's fifth book.

The book

Super Fresh: Super Natural, Super Vibrant Vegan Recipes (\$29.99), the fifth instalment in Fresh's cookbook series, offers fans more than 200 "craveable" recipes for meals, juices, nut milks, shots and green smoothies.

Kyla Zanardi's photos make it clear that this is colourful, dynamic, vibrant food that just happens to be vegan. On the food front, the chapters include breakfast/brunch, tasters, salads/dressings, soups, sandwiches/wraps/tacos, burgers, bowls, sauces and spreads/mixes/marinades and more.

The Authors

Founder Ruth Tal and chef Jennifer Houston are partners in Fresh Restaurants, which has branches on Bloor Street West, Queen Street West, Spadina Avenue and Eglinton Avenue East. They've authored four previous Fresh cookbooks — Juice for Life (2000), Fresh at Home (2003), Refresh (2007) and Fresh (2013).

Recipes we're dying to make

Hot banana oat milk, swoosh

(power shake), cauliflower benedict, banana nut pancakes, crispy cauliflower bites with Sriracha salt and miso mayo, supergrain soup, oyster mushroom po'boy, Jerusalem bowl and miso gravy.

TORSTAR NEWS SERVICE



PHOTOS: TORSTAR NEWS SERVICE

RECIPE: TOFU CUBES

This delicious tofu recipe would be perfect to make at Thanksgiving.

Eat the marinated cubes raw if you like, but they're even better if they're coated and cooked. Eat them on their own and in rice or noodle bowls, salads and wraps.

Nutritional yeast is sold in most supermarkets, usually in the organic/healthy section, but is also on bulk and health food stores.

The crispy tofu coating was recently made gluten-free, with corn starch replacing wheat germ.

I got 48 cubes from a 350-gram package of tofu.

Marinated tofu Serves 4

Ingredients

- 1/2 cup apple cider vinegar
- 3/4 cup tamari
- 1/4 cup water
- 1 block extra-firm tofu, cut into 3/4-inch cubes

Directions

1. For marinated tofu, in bowl, stir together vinegar, tamari and water. Add tofu. Turn to coat.

2. Let stand at least 15 minutes or cover and refrigerate up to 2 days.

(You can eat these raw or cover with crispy tofu coating and pan-fry.)

Crispy cubes

Ingredients

- 1 cup large flake nutritional food yeast
- 1/2 cup corn starch or wheat germ
- 1 tbsp garlic powder
- 1/4 tsp each: fine sea salt + freshly ground black pepper

For frying:

- Oil (sunflower, canola or coconut)

Directions

1. For crispy tofu coating, in medium bowl, whisk nutritional yeast, corn starch or wheat germ, garlic powder, salt and pepper. Use immediately or store in airtight container at room temperature in cool, dry place. Makes 1-1/2 cups.

2. To cook, remove tofu cubes from marinade, discarding liquid or reserving for a second marinade. Place about 3/4 cup crispy tofu coating, or more as needed, in shallow bowl. Add tofu pieces and toss until completely coated.

3. In large frying pan, heat 1/2-inch oil over medium heat. Cook tofu until evenly browned, about 1 to 2 minutes per side. Alternately you can do this in batches in a small saucepan with several inches oil so the tofu is submerged.

TORSTAR NEWS SERVICE

WINE

Harlequin: Bottled-up romance

In the latest wine and book pairing, publisher Harlequin, best known for their bodice rippers and romance novels, has teamed up with a California winemaker to launch a trio of bottles for an evening of lusty reading.

The collection, Vintages by Harlequin, features the kind of names you'd find on Harlequin covers: Wild at Heart, Substitute for Love and Pardon My Body.

Labels harken vintage love in the 1950s and '60s, when buxom, demure heroines with bouncy hair, pencil-thin eyebrows and scarlet lips were swept off their feet by dark, rugged, chesty leading men.

"Beneath that luscious, full-bodied exterior was a mystery of many layers," reads the back label for Wild at Heart.

"She was warm and soft, bold and exotic and my passion grew

with each encounter."

The trio includes a Chardonnay, Cabernet Sauvignon, and a red blend. Wines are produced by California winery Vintage Wine Estates in Santa Rosa.

Harlequin's foray into wine follows on the heels of E.L. James who made the natural transition from steamy mommy porn to wine in 2013 with the launch of Grey Red Satin, a red blend of Petite Syrah and Syrah, and White Silk, a blend of Gewurztraminer and Sauvignon Blanc.

Vintages by Harlequin are sold exclusively on Amazon.com and available only to U.S. customers and retail for \$14.95 U.S. AFP



TECHNOLOGY

Keurig's Crock-Pot-sized soda maker

Making a glass of Coke at home will soon be possible, if you don't mind paying more than \$300 for a machine that sits on your kitchen countertop. Plus an extra dollar or so per drink.

On Tuesday Keurig Green Mountain said it will start selling a machine that makes single servings of cold beverages including Coke, Sprite, Dr. Pepper and flavoured seltzer waters. The machine is similar in concept to Keurig's brewers, which let people make cups of coffee and tea by inserting a pod into the machine and pressing a button.

Coca-Cola is betting big on Keurig Kold, too; the world's biggest soda maker owns a 16.8 per cent stake in Keurig Green Mountain.

Still, it's not yet clear who will buy the Keurig Kold, which is the size of a very large Crock-

Pot. Keurig says the suggested retail price for the machine is \$369.99, but that prices could be as low as \$299 depending on promotions. Each pod will cost between \$1.12 and \$1.25 and make an 8-ounce serving. That means it's not really a way to save money, since people can buy 2-litre bottles and 6-pack cans of soda for less, on a per-serving basis.

Instead, Keurig CEO Brian Kelley said Kold is a way for people to have a variety of drinks at their disposal, without having cans and bottles take up space in their homes. Among the other drinks the machine can make are "craft" sodas made by Keurig, and later this year, cocktail mixers.

"It's a premium — it's about choice and convenience," Kelley said.

THE ASSOCIATED PRESS



Will there be enough buyers for a gigantic personal soda-making machine from Keurig? THE ASSOCIATED PRESS



Stick shift a perk in Mazda6



REVIEW

Transmission option, steering impress in 2016 'refresh' model

Jil McIntosh
For Metro Canada



get a 2.5-litre four-cylinder that makes 184 horsepower. That might not sound like a lot on paper, but it's a gutsy performer when you're behind the wheel. The shifter only needs a light touch to click precisely into each gear, and the clutch takes up smoothly. The steering is equally accurate and quick to respond, but despite its nimble nature, this Mazda actually feels bigger than it is.

There's no question that, overall, most buyers prefer automatic transmissions, and so that's what most cars have. So it was a pleasure to pick up the 2016 Mazda6 and discover that, in addition to a six-speed automatic, it's also possible to order a six-speed stick shift. And even more unusually, it comes not just in the base model, but can be optioned in all three trim lines.

The 2016 model is a "refresh" rather than a new model, with better seats, quieter cabin, and new interior and exterior styling. It's a very handsome car with its swept-back styling and, on my top-line GT trim, LED headlights and running lights, along with a light bar that follows the edges of the grille.

Although its name has a six, that's not what's under the hood. Instead, all models

The interior is quite handsome, especially with my tester's black-and-white leather upholstery. The infotainment screen is a tablet atop the dash, which you're going to be seeing in many more vehicles because it keeps your eyes up while you're looking at it, and frees up space in the centre stack.

But the climate control buttons and display are small and require too much attention. The GT trim also includes a driving display that shows your speed and other info right in front of you. Pricier cars project it onto the windshield, but the Mazda6 uses a pop-up plastic screen that, while useful, looks tacked-on and cheap.

Those quibbles aside, Mazda has turned out a very impressive ride here, both in its looks and how it performs. And if you like a stick shift, it just gets better.

THE CHECKLIST | 2016 MAZDA6

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engine (hp/torque). 2.5-litre I4 (184/185)
Transmissions. Six-speed manual or six-speed automatic
Price. Base \$24,695, as-tested \$32,895

COOL FEATURES

- Front and rear heated seats
- Electronic parking brake
- Heads-up display
- Regenerative electric system
- Adaptive cruise control
- Forward collision alert with braking
- Automatic high-beam headlights



JIL MCINTOSH/FOR METRO

POINTS

- The Mazda6 was the 2014 Canadian Car of the Year, voted by the Automobile Journalists Association of Canada (AJAC).
- The voice command on the available navigation lets you say the entire address at once, instead of line by line.
- The automatic is extra-charge in the base GX, but either transmission comes at the same price in the GS and GT.

MARKET POSITION

Mazda's "SkyActiv" is a variety of fuel-saving technologies, including lightweight materials and drivetrain optimization. The company says gasoline isn't going away any time soon, and it prefers to use this instead of electric or hybrid vehicles.

THE COMPETITION



Hyundai Sonata
Base price: \$23,999



Ford Fusion
Base price: \$22,899



Toyota Camry
Base price: \$24,100

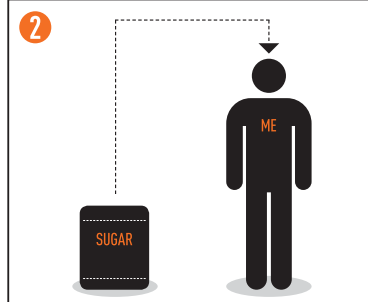


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3 AUTOMOTIVE UPSTARTS STARTED UP AT FRANKFURT

As well as established brands showcasing their latest wares, this year's motor show proved to be the ideal platform for the launch of new and reborn marques with huge ambitions, especially in the premium and electric vehicle markets. **AFP**



+ DREAM TEAM

What sets Thunder Power apart from other small firms with big ambitions are two things. The first is that it is already an established tool-making company looking to move into another area — which is how much of the Japanese auto industry was born. And the second is the executive team behind the car is Peter Tutzer and Franz Schulte, formerly of Bugatti and Ford, respectively.

1 Thunder Power

Even before the technical specifications were revealed, there was a lot of interest in the Thunder Power concept, simply because of its name. A company that is aiming to break into the nascent premium electric car market currently dominated by Tesla, it hopes to hit the ground running, silently and for 600 km between charges, by 2017.

As well as range, it also hopes to compete in terms of power and appearance. It has a claimed 430 bhp, an electronically limited top speed of 250 km/h and can go from standstill to 100 km/h in less than five seconds. Styling is described as European, and a close look reveals hints toward Jaguar and Maserati in there, though there's also an element similar to Mitsuoka. Inside lines are very clean and very European in terms of fit, finish and material, and there's a great wraparound TFT screen that runs the length of the dashboard in place of normal dials.



2 Artega

Like the Thunder Power, the new Artega Scalo is a pure electric car, but its makers aren't new to the market. Artega was a German sports car company that went under in 2012 but it is now back, and it announced its electrically powered relaunch at this year's show. The Scalo looks like a traditional mid-engined supersports car — low-slung with wide hips and big air intakes. And while it can hit 100 km/h in just 3.6 seconds, it does so with electric motors. It has a claimed range of 400 km between charges and, if connected to a 64-kW DC charger, will be ready to go again in just one hour.



3 Borgward

It might sound like a school for wizards but it was once a premium German automotive brand — think BMW today — until 1961 when the company went under. Like Artega the company chose Frankfurt for its relaunch, and its first car, the BX7, is a very clean-looking sculpted crossover with a premium interior. Initially power will come from a turbocharged petrol engine but the company is aiming to move to a hybrid setup and then eventually to full electric power. It also has very serious ambitions for the car, forecasting medium-term sales in the region of 500,000 units a year.



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The road to electro-mobility

PRODUCTION

Renault Nissan, Daimler team up to boost accessibility

One of the biggest hurdles to making the electric car mainstream is cost. Environmentally-concerned consumers would find it easier to live with range anxiety if that was the only compromise a plug-in battery powered car demanded. But until sales of electric cars increase, the cost of manufacturing them isn't going to fall, meaning that owners will have to pay a premium. All of which means that adoption rates are going to remain sluggish.

5.2M

According to ReportLinker, demand for hybrid and full electric cars is picking up, but the industry is still in its early stages. In 2014, 792,800 vehicles were shipped around the world, but by 2020, the market research firm forecasts that the number could be greater than 5.2 million cars annually.

One way of bringing down the costs and therefore increasing uptake is through joint ventures, and at this year's Frankfurt motor show, Daimler and Renault Nissan outlined how they're pooling their resources to make electro-mobility accessible.

"We are already the world leader in electric cars with more than 265,000 EV on the road," said Carlos Ghosn, chairman and CEO of the Renault-Nissan Alliance. "We sell half of all electric vehicles globally, and adding Daimler's volume to our production will increase our economies of scale, which benefits the customers of both our EV brands."

Dieter Zetsche, chairman of the board of management of Daimler and head of Mercedes-Benz Cars, spoke on the company's decision to build electric versions of its latest generation Smart cars and to make them in partnership with Renault Nissan. "We strongly believe in the development of electro-mobility, especially in urban areas."

Bosch, who was at this year's Frankfurt motor show to promote a potential lithium battery breakthrough, believes that by the middle of the next decade 15 per cent of new cars will use a battery, whether as a standalone electric vehicle or as part of a hybrid powertrain, and that in Europe the figure could be as high as 33 per cent. AFP

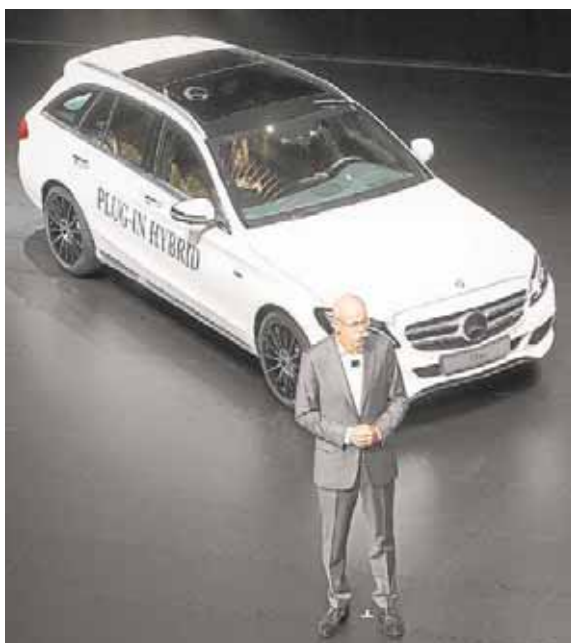


SNOWBOARD-THEMED COLLABORATION
SCION XB BOWS OUT WITH AN EXTREME MAKEOVER A new limited-edition take on Scion's xB rugged hatchback was developed in partnership with 686, the snowboard technical apparel company. The xB86 Parklan Edition boasts a custom paint job and exterior details, including black gloss 16-inch alloy wheels. Inside, the seats are padded and quilted like the lining of a pro snowboarding jacket, and the floor and cargo mats are weather-proof for practicality. Other signature touches include special zip-up storage pockets and the option of a custom INNO cargo box and roof rack system. As a nod to its design partnership, only 686 examples of the Scion are scheduled for production. After 12 years, the xB is being discontinued at the end of this year. AFP

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Daimler CEO Dieter Zetsche at the Frankfurt Motor Show earlier this month. DANIEL ROLAND/AFP/GETTY IMAGES

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Members of the Blue Jays play catch at Baltimore's Camden Yards, where Tuesday night's game was postponed due to rain.

GAIL BURTON/THE ASSOCIATED PRESS

Jays eye AL East title on doubleheader day

MLB

Numbers aligned for Toronto to claim division

Put the champagne back on ice. The Toronto Blue Jays will have to wait at least another day to try to clinch the American League East.

Their game Tuesday night at the Baltimore Orioles was postponed because of rain, forcing

a doubleheader Wednesday at Camden Yards.

Toronto has already assured itself at least a spot in the AL wild-card game and has a magic number of two to clinch the division. That number would fall to one if the New York Yankees lose at home to the Boston Red Sox on Tuesday night.

Marcus Stroman (3-0, 1.89 earned-run average), who was scheduled to start Tuesday, will take the mound for the first game and R.A. Dickey (11-11, 4.00 ERA) the second. Miguel



Every game's been meaningful.

Troy Tulowitzki who is expected to return from injury sometime this week.

Gonzalez (9-11, 4.85) starts Game 1 for Baltimore and Kevin Gausman (3-7, 4.49) Game 2.

"Tomorrow it is," Stroman tweeted. "Rain, rain, go away!" Ace David Price (18-5, 2.45)

remains on rotation to start Thursday. It would be his final start of the regular season and put him on extra rest for Game 1 of the AL Division Series or a wild-card game.

By that point, the Blue Jays could be aiming for the top seed in the American League and home-field advantage throughout the playoffs. They lead the Kansas City Royals atop the AL and have the tiebreaker should the teams finish with the same record.

THE ASSOCIATED PRESS



IN BRIEF

Brady calls an audible on endorsing Trump

New England Patriots quarterback Tom Brady says his comments that he hopes Donald Trump will win the presidency were taken out of context and an example of why he tries to say as little as possible when speaking publicly.

Brady said during an interview with WEEI-FM radio in Boston that his vote is going to be his own personal choice based on how he feels.

"I don't even know what the issues are. I haven't paid attention to politics in a long time," Brady said. "It's actually not something that I really even enjoy. It's way off my radar." THE ASSOCIATED PRESS

Bones Jones gets probation

UFC champion fighter Jon (Bones) Jones pleaded guilty Tuesday to a charge stemming from a hit-and-run crash in Albuquerque that injured a pregnant woman, saying he took full responsibility for what the judge called a "stupid decision" in the moments following the accident.

Jones' plea to a charge of leaving the scene of an accident involving injury was entered in New Mexico district court. He will avoid jail time and serve up to 18 months of supervised probation under his plea agreement.

Jones will not have a felony record if he meets the terms of his probation.

THE ASSOCIATED PRESS

SOCIAL MEDIA

Cherry defends baseball chokehold

Popular hockey personality Don Cherry defended troubled Washington Nationals closer Jonathan Papelbon for choking teammate Bryce Harper in a multi-tweet rant on Tuesday.

Cherry, co-host of the popular Coach's Corner segment on Hockey Night in Canada, said Papelbon shouldn't have confronted Harper publicly, but had no problem with the choke.

"Alright, Papelbon shouldn't have done what he did to Harper on the bench. He should have waited for him in the tunnel and choked him there," Cherry

tweeted.

The Nationals suspended Papelbon for four games without pay for his dugout altercation with Harper during Washington's 12-5 home loss to Philadelphia on Sunday.

Harper flied out in the eighth inning against Philadelphia and, after getting out of the batters box slowly on the play, headed to the dugout, where he and Papelbon exchanged words. The argument escalated, and Papelbon reached out with his left hand and grabbed Harper by the throat. THE CANADIAN PRESS

NHL

League pitched on expansion in Quebec

After months of preparation, the heads of media giant Quebecor Inc. said Tuesday they have done everything in their power to bring back a National Hockey League team to Quebec City.

After making their pitch to the NHL's executive committee, former prime minister Brian Mulroney said the presentation is now in the hands of the league.

"The governors will make their own decision," Mulroney, who is chairman of the board of

Quebecor, said in a brief news conference in New York.

"It's their process and we're just following the process and we'll be advised at the appropriate time."

Tuesday's presentation was the third step of the expansion process for Quebecor, the company behind the plan to bring a team back to Quebec City.

The NHL executive committee — made up of owners of 10 NHL teams — also heard a pitch Tuesday by a group led by bil-

18,000

The number of fans that took in an exhibition game Monday between the Canadiens and Penguins at the Videotron Centre in Quebec City.

lionaire businessman Bill Foley, who wants to bring a team to Las Vegas.

The executive committee reported to the league's board of governors later Tuesday. Commissioner Gary Bettman said each group presented to the committee "in excess of an hour," but reiterated that the league is still not ready to make any decisions on expansion.

"This is an ongoing process that doesn't have a specific timetable, and doesn't have a predetermined outcome," he told reporters Tuesday.

THE CANADIAN PRESS



CHAMPIONS LEAGUE CHELSEA'S STRUGGLES CONTINUE

Chelsea's Eden Hazard shoots on FC Porto goalkeeper Iker Casillas during the Champions League Group G match on Tuesday in Porto, Portugal. Maicon scored the winner as Porto's 2-1 win heaped more misery on Jose Mourinho's team.

STEVEN GOVERNO/THE ASSOCIATED PRESS

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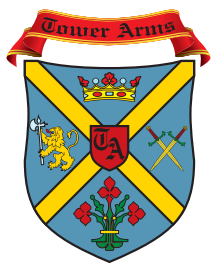
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RECIPE Halibut Tacos with Strawberry Salsa



PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

We know, fish and fruit seems a little odd. But trust us, you'll love this combination.

Ready in

Prep time: 15 minutes

Serves 4

Ingredients

- 1 pound halibut fillets
- Olive oil
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 1/4 tsp pepper
- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions

1. Preheat the oven to 450 degrees. Prepare a rimmed baking sheet. Place fish on the pan and give each piece a coating of oil.
2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.
3. Cook the fish until the colour is opaque and the meat flakes with a fork, about 10 to 15 minutes. Wrap a stack of tortillas in a moist tea towel and place in a casserole dish and cover with a lid or aluminium foil. Place in the oven for 10 minutes to warm.
4. In a medium sized bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

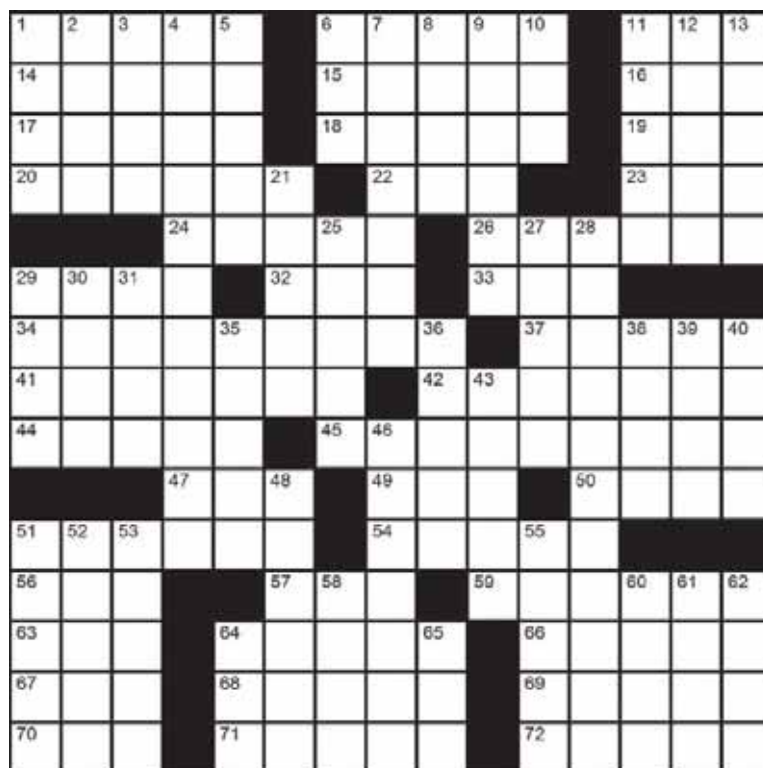
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Sunny Came Home": 1997 hit for __ Colvin
6. Adjust
11. Slugger's prop
14. Electronics brand of Japan
15. Other: French
16. Gladiator's 3
17. Gas and elec., e.g.
18. Li'l agenda
19. Task
20. Comedy muse of ancient Greece
22. Paranormal power, puny-ly
23. Not new, quaint-style
24. Maiden name of Morticia Addams
26. Clear, in the Court
29. Up for it
32. Dunk a bit
33. Not me
34. Goes to the fitness club
37. "For Whom the Bell Tolls" (1943) character
41. Fly south as a bird in Fall
42. "Let's Shake" by Hamilton band __ Head
44. Gin flavourings
45. Airline ticket booking specification
47. 19 TV __ (Production co. for "American Idol")
49. Mr. Byrnes of "77 Sunset Strip"
50. Vegetables of Japan
51. Plum __, Manitoba



54. Seize power
56. Be decisive
57. Race the engine
59. Shoplift
63. Currency in Romania
64. Mother: Spanish

66. Like a "Happy Days" geek
67. Flub
68. Army assistants
69. Audience members face one
70. __ Francisco
71. Near

72. "Melrose Place" actor Rob

DOWN

1. Deer's tail type
2. Hell __ no fury...
3. Largest continent
4. Alex Trebek por-

- trayer in "Celebrity Jeopardy!" sketches on "Saturday Night Live": 2 wds.
5. Negative response to the Drill Sergeant: 2 wds.
6. Small batteries
7. Gilles __, Bloc Que-

- becois leader
8. Football players, e.g.
9. Give money in advance
10. Mr. Knight
11. Jewel
12. Garlic sauce
13. Himalayas land
21. Accountant's review
25. Tightwad
27. Made do
28. The Dionnes famously
29. Jewels
30. Botanical leaf-to-stem angle
31. 1955 hit for Joan Weber: "Let __ Lover"
35. Hereditary social class
36. Diamond __ (Some earrings)
38. Grease
39. Currency exchange fee
40. Donald Trump and Jeb!, for short
43. Result in, eventually: 2 wds.
46. Bodies of work
48. Run off the track
51. Nat and Natalie
52. Maureen Forrester's music
53. About-face on the road
55. Gargle
58. Taro root
60. University house, e.g.
61. Border
62. Whiskey grains
64. Big __ (McDonald's order)
65. 'Legal' suffix

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't let your rivals see that you are worried. Today's Sun-Mercury link may give them the upper hand but you are under no obligation to make things easy for them. Act confident.

Taurus April 21 - May 21
You are tempted to retreat from the world but that would be a mistake. Ignoring your problems now is sure to make them worse in the long-term, so get out there and fight.

Gemini May 22 - June 21
If you have complicated plans on the go then it might be wise to postpone them for a day or two. Mercury's link to the Sun today suggests either that something is missing or that you have not thought things through.

Cancer June 22 - July 23
Your feelings for a certain person are likely to come to the fore and that could cause problems. Why? Both of you are already committed elsewhere and that spells trouble!

Leo July 24 - Aug. 23
Be wary of anyone who goes out of their way to do you a good turn today. That might sound cynical but the planets warn it is possible that someone you upset a long time ago is looking to get even.

Virgo Aug. 24 - Sept. 23
You are in an adventurous mood. You certainly have no intention of sitting around in the same old places, doing the same old things. But don't pressure others to move with you.

Libra Sept. 24 - Oct. 23
You can, if you wish, force your views and opinions on other people but it won't do you much good. No matter how persuasive and powerful you are today others will switch back to their old ways and beliefs tomorrow.

Scorpio Oct. 24 - Nov. 22
You may be a bit depressed, but console yourself with the thought that there are billions of people who would happily change places with you. Stop feeling sorry for yourself.

Sagittarius Nov. 23 - Dec. 21
If you take a certain course of action you are likely to regret it in the long-term, so why are you still pushing ahead? No doubt it has something to do with your stubborn nature.

Capricorn Dec. 22 - Jan. 20
Don't try to pretend that things are better than they are. The only way to succeed is to be brutally realistic, both with yourself and others.

Aquarius Jan. 21 - Feb. 19
It does not matter if you are in the right, the fact is you don't have your hands on the levers of power and that means you need to be careful. Don't pick fights with people you know you can't beat.

Pisces Feb. 20 - March 20
A colleague you think you can trust is not being entirely honest with you. Take heed if a friend warns you against this person — it may look like jealousy but the fact is they don't want to see you get hurt.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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